



THE GREATER RARITAN
WORKFORCE DEVELOPMENT BOARD
SUMMER YOUTH WORK EXPERIENCE PROGRAM
JUNE 17, 2024



HELLO! I'M JEAN TRUJILLO

Mechanical Engineer by education and experience

Current: Life Coach & Workshop Facilitator

My interests: education, mental wellness, what does it mean to live a good life?

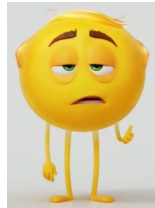
For fun: improv, fine flavor chocolate, garlic

RATE YOUR ENERGY 1 - 7

1
terrible



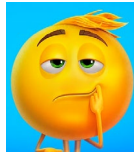
2
eh



3
bleh



4
meh



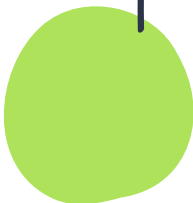
5
so-so

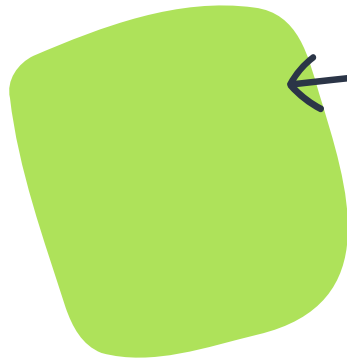


6
good



7
amazing!





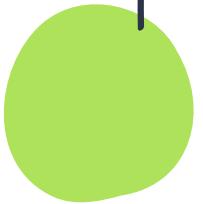
BURNING QUESTIONS

What do you want to know more about?



TOPICS

- ✓ Getting to Know Each Other
- ✓ Getting to Know Yourself
- ✓ Getting to Know Your Co-workers
- ✓ Self-care
- ✓ Goal Setting / Setting Intentions



A hand-drawn black frame with rounded corners. On the left side, there is a solid green square. The frame is decorated with various hand-drawn elements: a wavy line at the top, a small circle on the left side, and several curved lines and arrows at the bottom and right sides, suggesting a continuous or cyclical process.

GETTING TO KNOW EACH OTHER

How many things do you have in common?



GETTING TO KNOW YOURSELF

What is your most powerful asset?





GETTING TO KNOW YOURSELF
... and your greatest weakness?



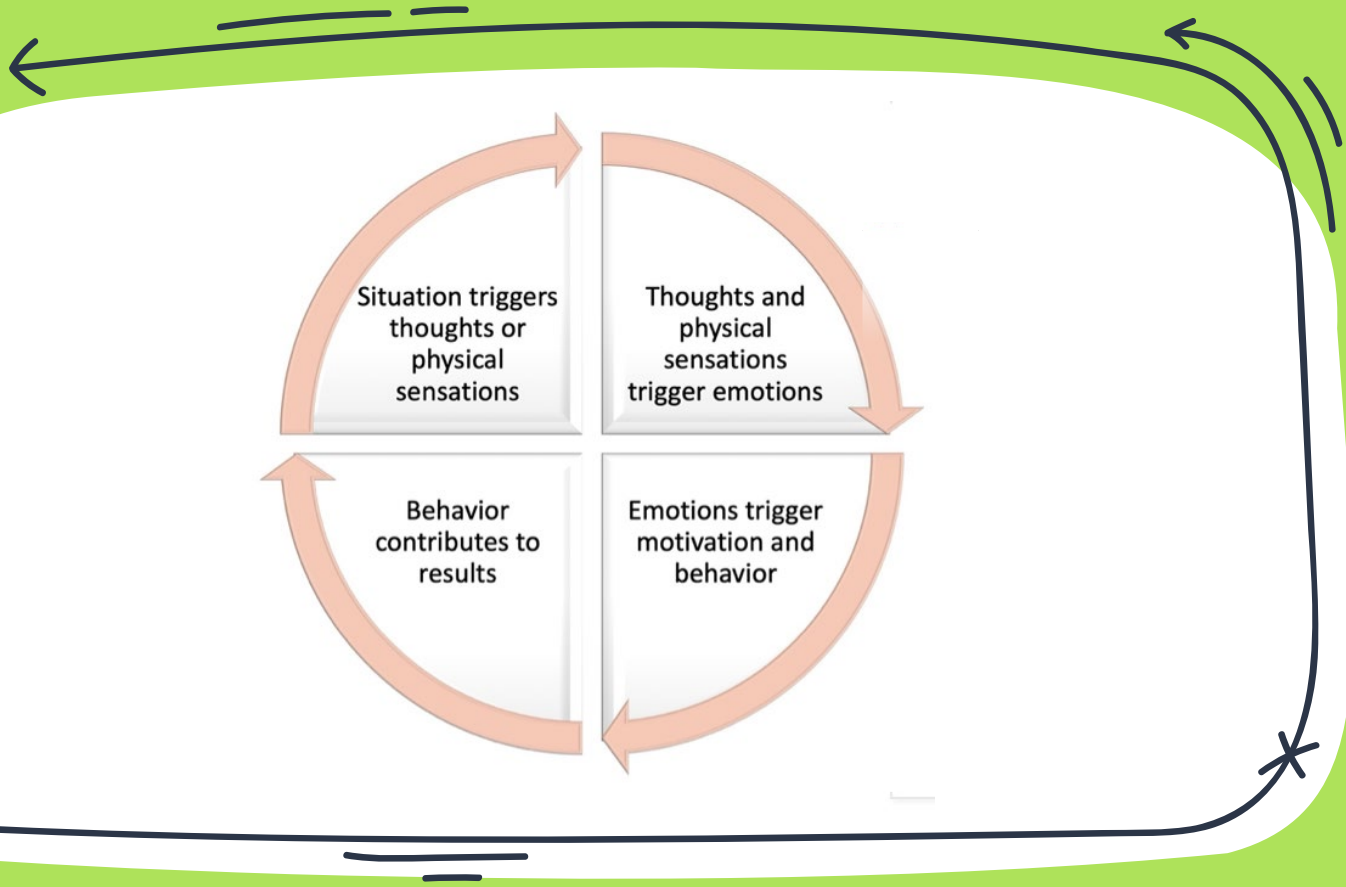


Situation triggers
thoughts or
physical
sensations

Thoughts and
physical
sensations
trigger emotions

Behavior
contributes to
results

Emotions trigger
motivation and
behavior





GETTING TO KNOW YOUR CO- WORKERS

The Art of Small Talk & Networking



Self-care Defined

- “The practice of activities that are necessary to sustain life and health..”
(Oxford Reference, 2021)

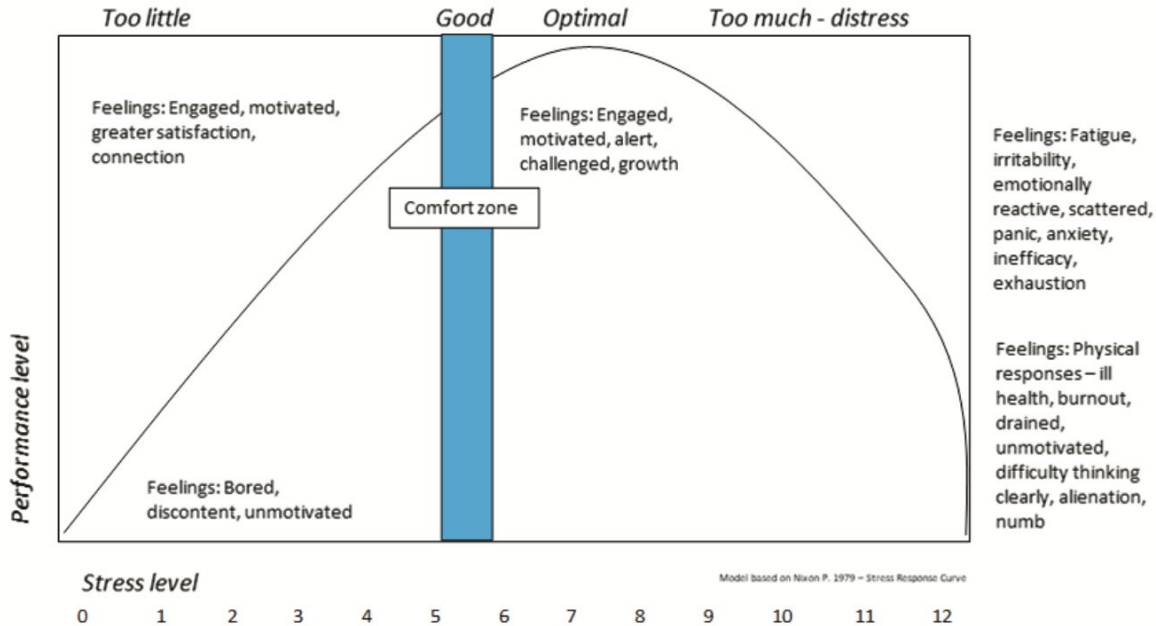




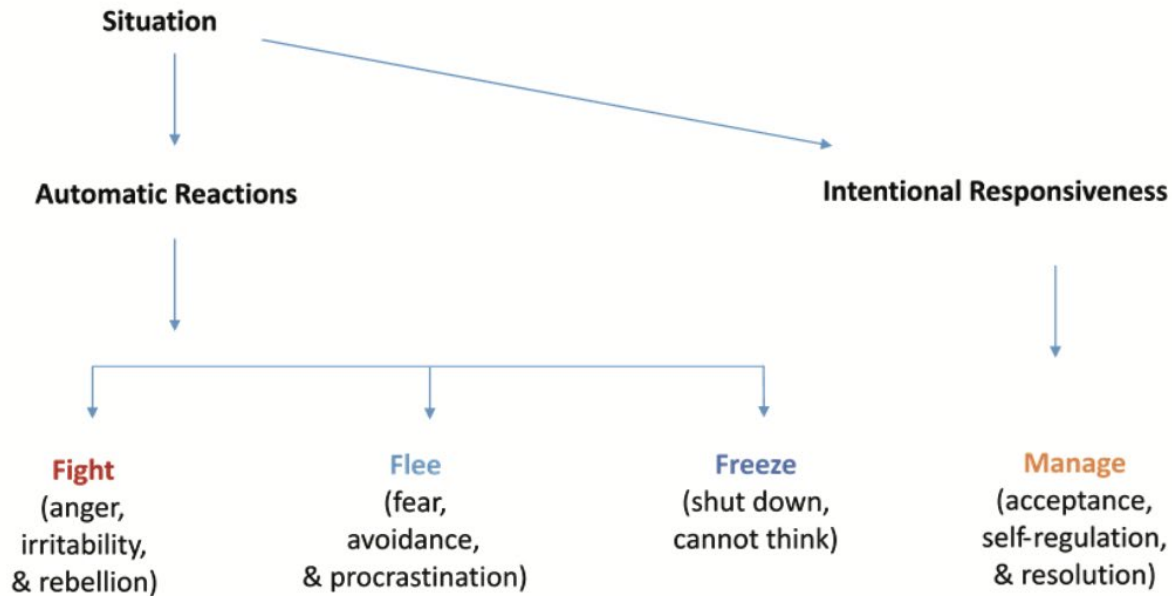
STRESS: GOOD OR BAD?



STRESS AND RESILIENCE



REACT VS. RESPOND





WHAT DO YOU DO FOR SELF-CARE?





Self-Care: Sleep

- We have a biological need for adequate sleep for health and performance (CDC, 2017; Luyster, et al. 2015)
- Inadequate sleep impairs performance, cognitive functioning, and contributes to chronic health issues, disease, and early death (CDC, 2018; Luyster, et al. 2015)
- According to the National Sleep Foundation (2015), "for healthy individuals with normal sleep, the appropriate sleep duration" is as follows:
 - 8-10 hours for teenagers
 - 7-9 hours for young adults and adults,
 - and 7-8 hours for older adults.



Self-Care: Physical Activity

- Per the American Heart Association (2021), public health guidelines recommend
 - 60 minutes per day of moderate- to vigorous-physical activity for 6-17-year-olds and
 - 150 minutes per week of moderate aerobic activity or 75 minutes per week of vigorous aerobic activity, or a combination of both spread throughout the week for adults
- Regular physical activity enhances physical and mental health, functioning, and longevity, and reduces risks of chronic physical and mental health conditions (AHA, 2021b).
 - Enhances cognitive functioning, mood, quality of life, self-concept, self-efficacy (Mandolesi et al. 2018)
 - Reduces stress, depression, and anxiety (Mandolesi et al. 2018)

Self-Care: Relaxation

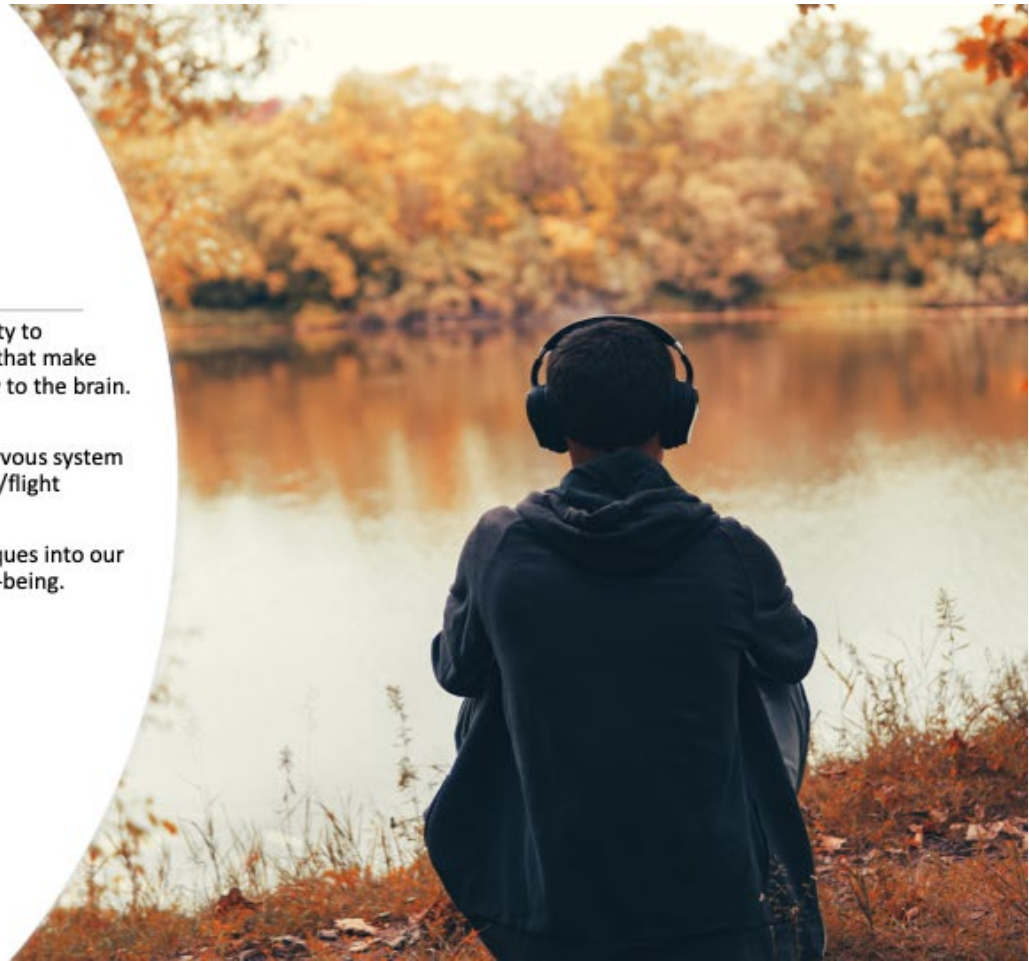
The **relaxation response** (Benson, 1975) is the personal ability to encourage your body to release chemicals and brain signals that make your muscles and organs slow down and increase blood flow to the brain.

- The opposite of fight-or-flight
- We can intentionally engage the parasympathetic nervous system counteracting the sympathetic nervous system's fight/flight response – stress reactivity

Relaxation is restorative. We can integrate relaxation techniques into our day and at the close of each day to promote health and well-being.

Techniques which may include:

- Deep breathing
- Mindfulness
- Progressive muscle relaxation
- Coming to your senses
- Visualization
- Meditation
- Aromatherapy, music, or art
- Yoga



Self-Care: Fun and Flow

- **Fun, recreation, and meaningful leisure** contribute to greater psychological well-being in adolescents and adults
- **Fun and leisure serve a protective function during adolescence** promoting positive development by offering outlets for freedom of expression, choice, exploration, adventure, and prosocial relationship building (Fredriksson, Geidne, & Eriksson, 2018; Hutchinson, 2011).
- According to Csikszentmihalyi (2008), **flow** is “a state in which people are so involved in an activity that nothing else seems to matter; the experience is so enjoyable that people will continue to do it even at great cost, for the sheer sake of doing it.”
 - Involves active engagement in an activity



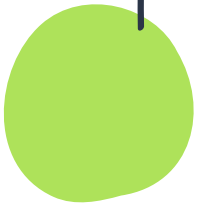
Self-Care: Time in Nature

- Improves mental health and function (Bratman et al. 2012; Fong, Hart, & James, 2018; Wolf et al. 2018)
- Lowers experiences of stress, depression and associated symptoms (Bratman et al. 2012; Wolf et al. 2018)
- At least 120 minutes per week in nature enhances health and well-being (White et al. 2019)

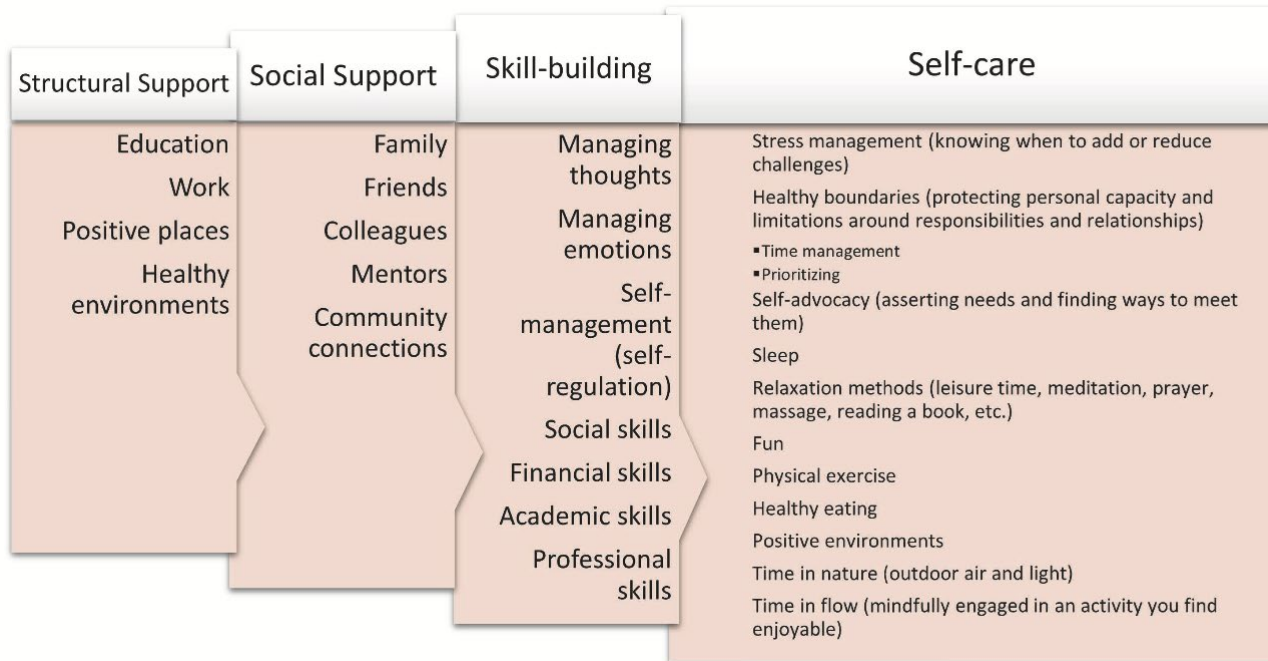


SELF-CARE: DEVELOPING MENTAL AGILITY

- ✓ Creating new neural pathways
- ✓ Stimulus ... response or awareness
- ✓ Resilience building
- ✓ Improv games
- ✓ Mindfulness meditation
- ✓ Stress management



RESILIENCE BUILDING





IMPROV GAMES (FOLLOW THE FEAR!)

- ✓ Energy ball
- ✓ Superhero pose
- ✓ Count to 11
- ✓ What are you doing?
- ✓ First word, last letter
- ✓ One word at a time story
- ✓ Five things
- ✓ Zip Zap Zop
- ✓ How many things in common?



SELF-CARE



Insight
Timer



Forest



one sec

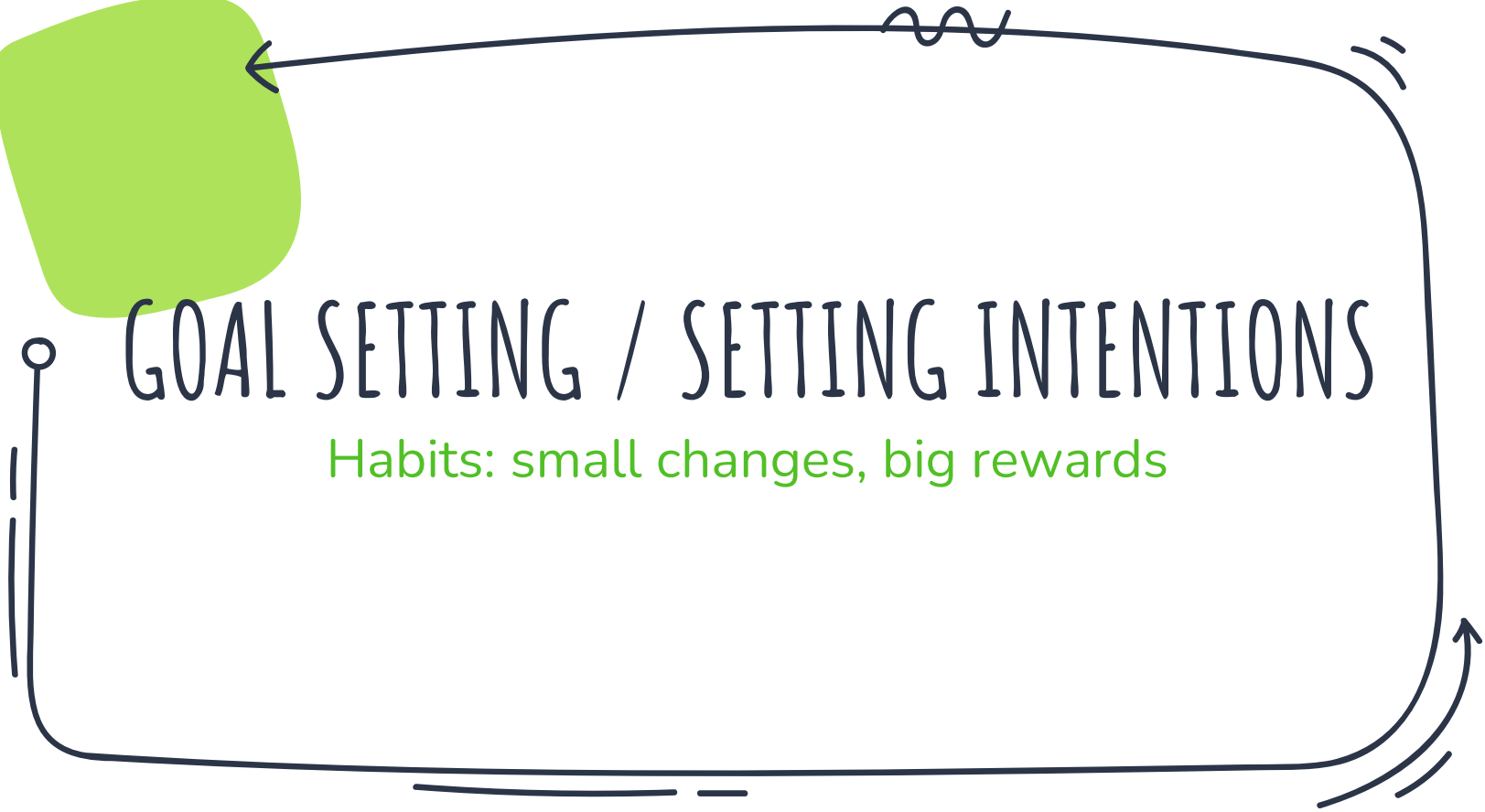


Screen
Time




GOAL SETTING / SETTING INTENTIONS

Habits: small changes, big rewards





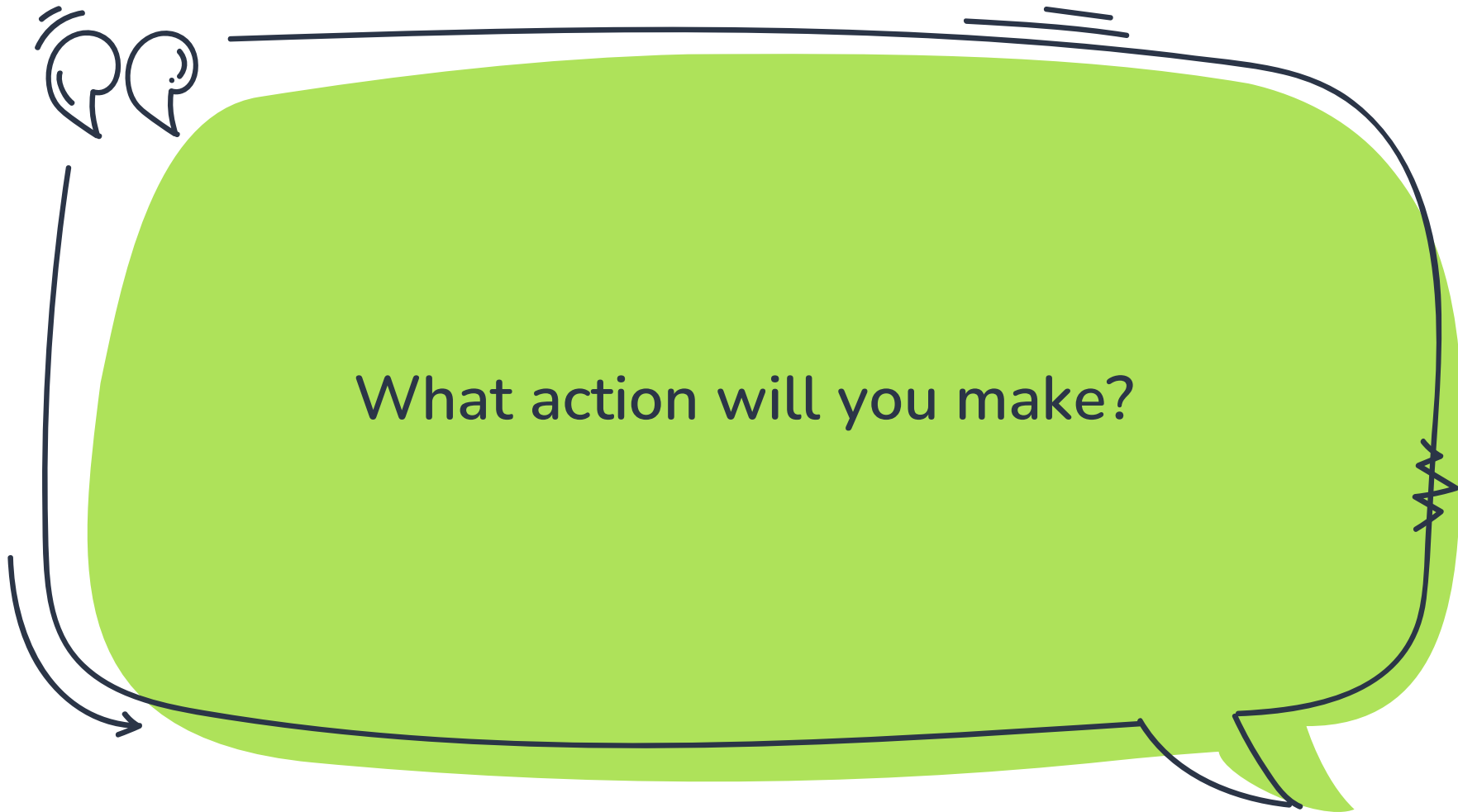
HABIT BUILDING STRATEGIES: STRENGTHEN WILLPOWER

- ✓ Make a plan BEFORE you need it
 - ✓ Step 1: Identify an area you want to improve
 - ✓ Step 2: Choose your response ahead of time
 - ✓ Step 3: Be specific (when ____, I will ____)
 - ✓ Step 4: What might go wrong? What will you do?
 - ✓ Step 5: Re-state your plan
 - ✓ Step 6: Take action
 - ✓ Step 7: Reward yourself
 - ✓ Step 8: Any changes?
- 



HABIT BUILDING STRATEGIES: ATOMIC HABITS (JAMES CLEAR)

- ✓ Step 1: Make it obvious
- ✓ Step 2: Make it attractive
- ✓ Step 3: Make it easy
- ✓ Step 4: Make it satisfying
- ✓ Incentives start the habit, identity sustains the habit:
("I am a person who prioritizes sleep.")



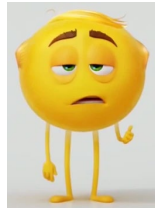
What action will you make?

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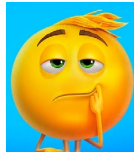
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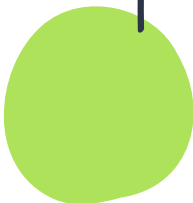
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good



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amazing!





Jean Trujillo

I help individuals who feel overwhelmed and stuck to create a clear plan of action and get moving again....



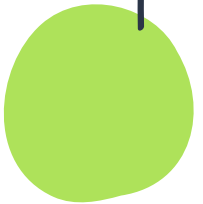
THANK YOU!

JEAN@JEANTRUJILLO.COM

[HTTPS://WWW.JEANTRUJILLO.COM/](https://www.jeantrujillo.com/)

COMMUNICATIONS

- ✓ Active Listening
- ✓ Improvisation
- ✓ Leadership Skills
- ✓ Public Speaking
- ✓ Emails
- ✓ Telephone
- ✓ Social Media
- ✓ Telling Your Story

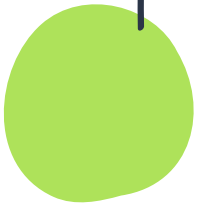


COMMUNICATIONS, CONTINUED

- ✓ Elevator Pitch
- ✓ Networking
- ✓ Interviewing
- ✓ Small Talk
- ✓ Social Media Literacy
- ✓ How to Have a Conversation (every interaction is an improv opportunity!)

SELF-CARE

- ✓ How do you feel? Are you happy?
- ✓ Stress Management
- ✓ Time Management
- ✓ Fun
- ✓ Mindfulness
- ✓ Social
- ✓ Time in Nature
- ✓ Resilience



SELF-CARE

- ✓ What brings you joy?
- ✓ What do you like to do? Cultivating interests.



GOAL SETTING

- ✓ Designing Your Life
- ✓ SMART Goals
- ✓ Eisenhower Matrix
- ✓ Career Exploration
- ✓ 1 year, 3 year, 5 year, 10 year plans
- ✓ Experiment vs. Perfect
- ✓ Make Action



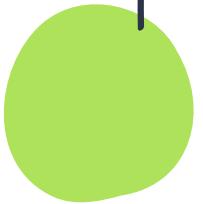
GOAL SETTING, CONTINUED

- ✓ How to organize yourself
- ✓ PARA, BASB, Ali Abdaal
- ✓ Self Determination Theory
- ✓ Self Motivation



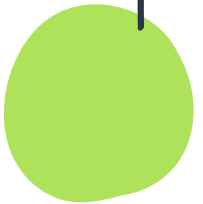
FINANCIAL PLANNING

- ✓ How Much Does It Cost to Be You?
- ✓ What's in Your Paycheck?
- ✓ Future You
- ✓ Savings
- ✓ Investing
- ✓ Taxes
- ✓ Insurance
- ✓ Housing
- ✓ Fun



FINANCIAL PLANNING, CONTINUED

- ✓ Growing a Family
- ✓ Dreams
- ✓ Jobs: traditional, gig, side hustle, business
- ✓ Passive income

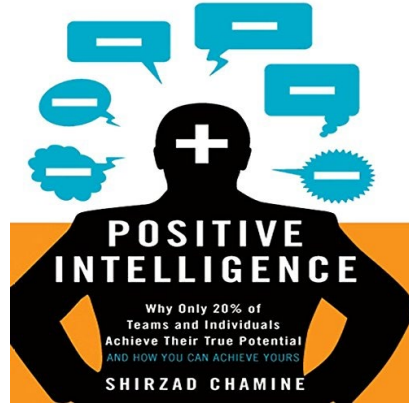




POSITIVE INTELLIGENCE



REFERENCE



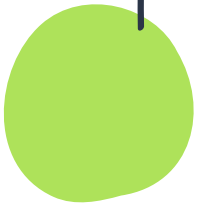
What are your saboteurs?

<https://www.positiveintelligence.com/saboteurs/>



STRATEGIES

1. Weaken Your Saboteurs
 - a. Self Assessment of the Ten Saboteurs
 - b. Judge, the Master Saboteur
2. Strengthen Your Sage
 - a. The Sage Perspective
 - b. The Five Sage Powers
3. Build your PQ Brain Muscles





SABOTEURS

Judge, master saboteur

Hyper-Vigilant

Avoider

Pleaser

Controller

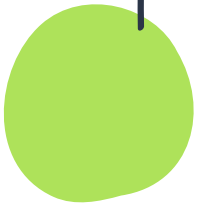
Restless

Hyper-Achiever

Stickler

Hyper-Rational

Victim



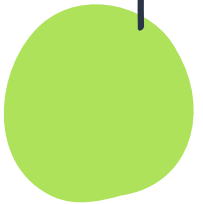


THE SAGE PERSPECTIVE VS. THE JUDGE PERSPECTIVE

“Good luck, bad luck”

“The Two Travelers and The Farmer”

Three Gifts





FIVE SAGE POWERS

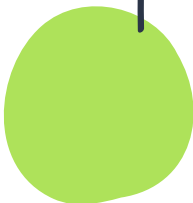
Empathize - *visualize the child*

Explore - *fascinated anthropologist*

Innovate - *yes, and ...*

Navigate - *flash forward*

Activate - *pre-empt the saboteurs*



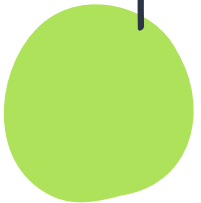
BUILDING THE PQ BRAIN

Quieting the “Survivor Brain” (fight or flight)

PQ Rep: 10 second hyper focus on one of your five senses

- *can you build to 100x per day?*
- *21 days? 6 weeks? A new habit?*

Mindfulness



POSITIVE INTELLIGENCE QUOTIENT (PQ)

PQ Tipping Point Score > 75

% time your mind serves you vs. sabotages you

Dr. Barbara Fredrickson

<https://www.positivityratio.com/> (3:1)

CREDITS

Special thanks to all the people who made and released these awesome resources for free:

- X Presentation template by [SlidesCarnival](#)
- X Photographs by [Unsplash](#)

